

VALLEY NEWS

TUGGERANONG VALLEY AUSTRALIAN FOOTBALL NETBALL CLUB



IMPORTANT DATES A WORD FROM THE PRESIDENT

Every Friday Night

Meat Raffles
Canberra Southern Cross Club,
Tuggeranong

19th April

Rising Stars Womens Season
Starts

20th April

Senior Football Season starts

27th April

Junior Football Season Starts

4th May

Netball Season Starts

On your mark, get set, Go!

Season 2024 has arrived with our Rising Stars Women opening our season this Friday 19 April at EPC Solar Park. Our Juniors and Netballers will shortly follow over the coming weeks and I for one can't wait.

A very special welcome to all of our new players and families this year, we hope you quickly feel at home with TVAFNC and I wish everyone the very best for the season ahead.

Our pre-season has looked fantastic with highlights such as:

- Our first netball Come and Try day
- Netball grading
- 80+ kids at our Free Summer AFL Clinics on Wednesday nights
- Senior Women's finishing 3rd at the Queanbeyan Cup
- Over 10 senior men and women players selected between Giants and the Canberra sides for the U22s AFL NSW/ACT Representative Carnival, and
- Many of our players participating in State Netball selections/Rep games, GWS Academy games or senior AFL pre-season invitationals.

Thank you to everyone that made all the above possible and well done to our players on so many great achievements already.

The email I sent out a few weeks ago highlighted the huge year ahead and whilst I won't repeat all of that again, I will say, GET INVOLVED! There is a lot that needs to be done and we need a collective effort to achieve it all. Make sure you read on about the fun new initiative for ALL volunteers that get involved this year.

As we head into our first games, I would especially like to thank the Board for all the effort and work they have put in to ensuring we are ready to go. Whilst not always visible they without a doubt work harder than most, so if you do bump into them over the first weeks, make sure you take the time to say thanks.

Good luck to all teams, we will all be cheering you on!

Kellie



A MESSAGE FROM THE VOLUNTEER DIRECTOR

Newsletter Contribution for April 2024 – Volunteer Director

Thank you to all those Club members that have already been hard at work to make the 2024 season successful. Coaches and team managers have been busy with training and getting our players ready for the season, and the social committee has been planning all the activities to make the season enjoyable for all.

Since last months call out for Volunteers I have been contacted by interested members who are keen to help out throughout the season, if you are also keen to help out in a capacity and commitment that suits your life please get in contact at volunteers@tuggeranongfc.com.au or follow the link to register your details at Volunteer sign-up against the various roles we are seeking including First Aiders, Strappers, Photographers and Business case consultant just to name a few.

How can you help this month?

The Junior season launch is planned for Sunday 28th April at Mackillop College, Wanniasa, from 1pm-3pm. We are seeking helpers for the canteen, a rover to work with the MC for the day and ushers to help from 12.30-1pm to help people find their areas for set up. If you can help email volunteers@tuggeranongfc.com.au

Rachael Kennedy
Volunteer Director

VOLUNTEERS NEEDED



VOLUNTEER TO ENTER THE DRAW!

This year we are trying something a little different to capture and recognise the volunteers in our Club. Everytime someone helps out on game day, a social event, training or one of the many other activities we hold we encourage the person to register their assistance provided through a QR code.

TVAFNC

Volunteer lucky draw

Thank you for volunteering for the TVAFNC.
Scan the QR code to enter into the lucky draw.
The winner will be announced at presentation
night. Every time you volunteer, you are
eligible for another entry.

SCAN ME



At the end of the season each registration is a ticket in a lucky draw where various prizes will be provided to the volunteers drawn.

The information collected will also be used for Club recognition and Awards such as Volunteer of the Year. This information will provide us data on the effort and how many people are involved in making our Club great.

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SCAN ME



WINNER

TVAFNC'S STRATEGIC GROWTH PLAN

Get ready to witness the dawn of a new era in the TVAFNC club's journey!

🌟 Introducing the TVAFNC Club Strategic Growth Plan 2024-2028! 🌟

Buckle up for a thrilling 2024 as we unveil our roadmap to success and growth over the next four years. The TVAFNC Board has been hard at work crafting a strategy that promises to elevate our club to new heights and redefine the standards of excellence and unification at our club!

🔍 What's Coming?

- 🚀 Forward-leaning initiatives designed to propel our club forward.
- 🔥 Innovative strategies to expand our reach and impact.
- 💡 Visionary plans to enhance member experience and engagement.
- 🌱 Sustainable growth frameworks to ensure long-term success.

But wait, there's more!

Stay tuned as we prepare to share the details of our Strategic Growth Plan 2024-2028. Watch this space for the big reveal!

We will be running a few online information sessions to explain the new Strategic direction, so keep an eye out on your emails for session registration details. We will also be introducing it at the 2024 Junior Season Launch on Sunday April 28th 1-3pm at St Mackillop College Isabella Campus, Ellerston Ave

Get ready to be inspired, motivated, and amazed as we embark on this exhilarating journey together.

The future of TVAFNC club starts here. Don't miss out!

#TVAFNC #StrategicGrowth #WatchThisSpace #FutureIsBright 🌟



SENIOR SEASON LAUNCH

On Friday the 12th of April, we launched the Senior Football and Netball Season.

We welcomed the following new players to the club, who were presented with their football jersey's and netball dresses:

Senior Womens - Football

55. Bonnie Millen
33. Imogen Badham
39. Ava Brassil
32. Chloe Brassil
17. Adelaide Crosbie
37. Amelie Dean
47. Rachel Duck
42. Anica Kraljevic
25. Faith McNamara
36. Grace Silberberg
3. Ella Ross
Emma Owens
Hayley Ottens

Senior Mens

15. Jarrad Phillips
31. Charlie Cooper
33. Jack Sanson
43. Sam Toal
53. Pat Robinson
54. Solomon Belcher
56. Noah Carman
57. Sam Owens
59. Matt Trevillion
37. Abraham Quinn
51. Ben Paton

Senior Womens - Netball

Ashley Lawler
Carol Dziouba
Chereta Daylight
Leanne Ball
Mandy Harriott
Sarah Bateman
Ali Staniforth
Karen Ford
Kellie Hogan
Megan Anderson
Lisa Lee
Aislinn Vandermee
Isla Pfeiffer
Maddi Shiels
Willow Kildey



JUNIOR SEASON LAUNCH



NETBALL & FOOTBALL JUNIOR SEASON LAUNCH

**CALLING ALL JUNIOR NETBALL AND
FOOTBALL PLAYERS AND FAMILIES!!**

1.00PM TO 3.00PM

Sunday 28th April

MacKillop College Oval

Isabella Plains

Come along for a fun afternoon of:

Netball games

Longest kick

Tug of war

Chocolate trailer

Face painting

Food vendors and so much more.



PLAYER PROFILE ON SENIOR FOOTBALL CAPTAINS

Kathryn Prowse - Womens Senior Football Captain

What position do you play?
Full-Forward

How long have you been playing footy for?
I've been playing footy for 22 years.

What is your favourite footy memory?
I have played in 5 of the 6 winning Grand Finals!

What are you most looking forward to this season?
I will be lucky enough to play my 200th First Grade Game this year for the Club! As a squad, with a really strong preseason under our belts, the quality of juniors coming through and with the recruitment of talent, I'm just excited to see it all come together on the field.

What is your pre-game hype song?
Whatever gets the entire team up and about.

Who do you think you play most like in the AFL?
James Hird!



Joesh Carroll - Mens Senior Football Co-Captain

What position do you play?
Forward

How long have you been playing footy for?
I've been playing for 14 years.

What is your favourite footy memory?
Playing in my u18s Grand Final!

What are you most looking forward to this season?
Looking forward to playing under Coaches Paul Highmore and Sam Robinson.

What is your pre-game hype song?
Anything Country.

Who do you think you play most like in the AFL?
Nick Daicos!



Matt Channon - Mens Senior Football Co-Captain

What position do you play?
Ruck

How long have you been playing footy for?
Since I was 4-5 years old.

What is your favourite footy memory?
Winning an u12 premiership!

What are you most looking forward to this season?
The growth of the club and seeing us head in the right direction.

What is your pre-game hype song?
Anything Eminem.

Who do you think you play most like in the AFL?
Max Gawn!



COACH / PLAYER PROFILE ON SENIOR NETBALL

Natasha Monger - Senior Coach / Player TVAFNC Titans

What position do you play?

C, WD, WA (although I have been known to love sneaking into the defensive circle when the opportunity arises!)

How long have you been playing netball for?

I started playing netball 24 years ago!

What is your favourite netball memory?

I have so many great ones! Winning premierships the last two seasons has been amazing. The inaugural premiership in 2022 is probably a highlight as it was a great way to kickstart the netball side of our club and we got to do it alongside the TVAFNC Trailblazers too!

I've also made some amazing friendships over the years that have made netball so much fun! And having Nan come down to watch my games is special!

What are you most looking forward to this season?

Just being able to be out on court with so many of my friends and represent TVAFNC! I also think the team we have this season can give the competition another good shake!

What is your pre-game hype song?

Jump Around by House of Pain!

Who do you think you play most like in the SSN?

Not on her level, but I'd love to say Mo'onia Gerrard. Just the right amount of physicality and laughter!



Nat Rawsthorne - Senior Coach / Player TVAFNC Trailblazers

What position do you play?

C, WA

How long have you been playing netball for?

6 years recently but I also played for 5 years when I was in primary school.

What is your favourite netball memory?

My favourite netball memory was in September 2022, our inaugural TVAFNC netball season where both of our senior teams won the grand final. We ended up at Tash's house spraying cheap champagne everywhere and jumping in the pool.

What are you most looking forward to this season?

I'm just looking forward to being back on the court, it is the best feeling to walk around the courts on a Saturday and see TVAFNC colours everywhere, it makes me feel so proud.

What is your pre-game hype song?

I/we don't have a hype song because sometimes we feel like if we warm up/hype ourselves up we will jinx our chances of winning. If I had to pick one though, Roar by Katy Perry comes to mind.

Who do you think you play most like in the SSN?

I'd definitely play like her if I could, but I certainly look up to Jamie-Lee Price, Giants 'C'.



THANK YOU TO OUR JUNIOR COACHES AND MANAGERS

Auskick Pro's Mixed Red Coach	Mathew Turtle
Auskick Mixed Red Manager	
Auskick Pro's Mixed Blue Coach	Tanya Blight
Auskick Mixed Blue Manager	
Auskick Pro's Girls Coach	
Auskick Pro's Girls Manager	
Auskick Rookies	Tristan Turner
	Russell Burrell
U9's Mixed Blue Coach	Matt Gannon
U9's Mixed Blue Manager	Hayley Gannon
U9's Mixed Red Coach	Rick Gillespie
U9's Mixed Red Manager	Jody Higgins
U10's Mixed Coach	Peter Ashcroft
U10's Mixed Manager	
U11's Coach (Blue)	Tristan Turner
U11's Manager	Tania Hanzer
U11's Coach (Red)	Carman Marotti
U11's Manager	Pete Johnston
U12's Mixed Red Coach	Jimmy Rice
U12's Mixed Red Manager	Steph Crosby
U12's Mixed Blue Coach	Dante Miller
U12's Mixed Blue Manager	Sue Turtle
U13's Mixed Coach	Adam Robinson
U13's Mixed Assistant Coach	Justin Kimball
U13's Mixed Manager	Taryn Crick
U14's Mixed Co-Coach	Kurt Masters
U14's Mixed Co-Coach	Mark Woodward
U14's Mixed Manager	Lyndall Baker
U15's Mixed Coach	Jason Owens
U15's Mixed Assistant Coach	Nickolas Henderson
U15's Mixed Manager	Louise Henderson

THANK YOU!

U16 Boys Head Coach	Peter Borghouts
U16 Boys Assistant Coach	Shane Harman
U16 Boys Manager	Amanda Lowes
U10 Girls Co-Coach	Alex Lawder
U10 Girls Co-Coach	Mia Willis
U10 Girls Manager	Katrina Williams
U12 Girls Coach	Luke Jess
U12 Girls Manager	Joh Davies
U14 Girls Coach	Matt Knox
U14 Girls Assistant Coach	Gerry Patron
U14 Girls Manager	Nicole Knox
U16 Girls Coach	Mick Patton
U16 Girls Assistant Coach	Ricky Miller
U16 Girls Manager	Laura Scheele

SOCIALS

SOCIAL MEDIA

Have any good news to share?

We want to make sure we share everyone's good news equally.

So make sure you drop a line to Kim at Communications@tuggeranongfc.com.au to check if we have something lined up for you already or to arrange for a post to occur.



2024 PLAYER SPONSORS

CLICK ON THE LOGO TO CONTACT OUR SPONSORS!



PROUD SPONSOR OF:
Natasha Monger



PROUD SPONSOR OF:
Adam Bennett



PROUD SPONSOR OF:
Ash Brine



PROUD SPONSOR OF:
Lily Bulter-Woollard



PROUD SPONSOR OF:
Ethan Bates



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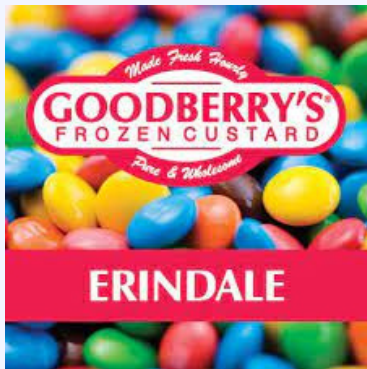
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